



Commonwealth of Kentucky

My Humana



HUMANA
Guidance when you need it most

MyHumana why register?

- Access to a health coach
- Medically sound information on
 - weight management
 - chronic disease
 - physical activity, and much more
- Discounts on Vision checkups, eye glasses, contact lenses and Lasik surgery
- Up to 30% off a massage
- Gym membership discounts
- Claims information
- Every quarter receive a summary report of money spent on co-payments, hospital expenses, doctor visits, prescriptions, etc. (great for completing medical expenses during tax time)
- Access to the health assessment



Registering to MYHumana-a member portal

Go to MyHumana.com



The screenshot shows the MyHumana.com website. At the top left is the Humana logo with the tagline "Guidance when you need it most". Below it is the word "Guidance." followed by a paragraph: "Our plans and services help you choose, finance, and use your benefits with confidence and success." and a link for "Healthcare Guidance". To the right of this text are three photos of diverse people. In the top right corner, there is a link for "en español". Below the photos is a "Log In" section with the text "Visit secured site for Members, Employers, Agents, or Providers". It has fields for "Username:" and "Password:" with input boxes. Below these fields are links for "Log In" and "Forgot User ID/Password?". A large orange oval highlights the "Log In" button and the "Forgot User ID/Password?" link. Below the login section is a yellow button that says "Register for MyHumana" with a right-pointing arrow. This button is also highlighted with a large orange oval. Below the registration button are four colored boxes: "Members" (light blue), "Employers" (light blue), "Agents" (light blue), and "Providers" (light green). Each box has a title, a right-pointing arrow, and a description of who can use the service. At the bottom left is a section titled "About Humana" with links to "Newsroom", "Investor Relations", "Careers", "Humana Associates", and "Business Partners". At the bottom center is a section titled "Humana Medicare" with a photo of an elderly couple and text about switching Medicare plans before March 31, 2008. At the bottom right is a section titled "Individual Insurance Plans" with a photo of a family and text about affordable health insurance for individuals and families, with a link to "Get a Free Quote" and a right-pointing arrow.

HUMANA.
Guidance when you need it most

Guidance.
Our plans and services help you choose, finance, and use your benefits with confidence and success.
[Healthcare Guidance](#)

[en español](#)

Log In
Visit secured site for Members, Employers, Agents, or Providers
Username: Password:
[Log In](#) [Forgot User ID/Password?](#)

[Register for MyHumana](#)

Members
If you are a current or future member with employer-sponsored, HumanaOne®, or Medicare coverage

Employers
If you are a plan sponsor or benefit administrator

Agents
If you are a broker or sales agent

Providers
If you are a doctor, dentist, hospital, facility, or pharmacist

About Humana
[Newsroom](#)
[Investor Relations](#)
[Careers](#)
[Humana Associates](#)
[Business Partners](#)

Humana Medicare
Want to switch to another Medicare plan? You may be eligible to switch Medicare plans before March 31, 2008.
[Explore Humana's Medicare plans](#)

Individual Insurance Plans
Humana One offers affordable health insurance for individuals and families.
[Get a Free Quote](#) now!


Log In

**Or
Register**



MyHumana



MyHumana
This is a Secure Site 


Welcome, JANE
March 20, 2008  Adjust Text Size


MyHumana » Plans & Coverage Doctors & Rx Claims & Spending Health & Wellness

Dental checkup
Preventive dental care is the key to a healthy smile. At your routine cleaning, the dentist can also check your overall oral health.
[Find Out More ▶](#)

«[Previous](#) | [1](#) | [2](#) | [3](#) | [Next](#)»

Recent Activity **Connecting You**

 [Messages](#)  [Claims](#)

 [Information from Trusted Resources](#)  [Healthcare Financial Planning Resources](#)

Recommended
[Tour MyHumana](#)
▶ [Refer A Dentist](#)
▶ [Rx Claims](#)
 [Humana's MyChoice ToolsSM](#)
▶ [SmartSummary](#)

Looking for this?
[Enrollment Center](#)
 [Pharmacy Locator](#)
▶ [Mail-Order Rx](#)
▶ [Change E-Mail Address](#)
▶ [Change Password](#)

Let us help you
▶ [Contact Us](#)
▶ [Frequently Asked Questions](#)
▶ [Glossary](#)



Clicking Claims & Spending

Look up claims
Your portion of the claim
Where you are with your deductible
Expenses totaled for the year

MyHumana – Wellness

- Top bar click on to Health and Wellness. Click on the drop down box wellness programs.
- Access the Humana Health Assessment
- Links to Health Coaching
- Medically sound information on Chronic disease under Condition Centers
- Interactive tools
 - BMI calculator
 - Calories burned with exercise calculator
 - Cost savings for tobacco cessation



MyHumana Home | My Profile | My Messages | Log out

MyHumana
This is a Secure Site

Welcome, BRIAN
November 15, 2007

Adjust Text Size

MyHumana » Plans & Coverage » Doctors & Rx » Claims & Spending » Health & Wellness

MyHumana Home » Health & Wellness » Wellness

Health & Wellness

- My Health Record
- Health Assessment
- Health Centers
- Condition Centers
- Savings Center
- Health Programs
- > Wellness

Wellness Programs

An ounce of prevention can lead to a longer life and a healthier lifestyle.

Overview

Health Centers

The Health Centers provide access to information and tools to learn about how to stay healthy as a woman, man, senior, child, or during pregnancy.

Condition Centers

To make the best healthcare decisions, you need information on how to prevent, treat, or manage conditions, such as asthma, cancer, etc.

Weight Management

Learn why a healthy weight is important and ways to reach your healthy weight.

Back Care

Learn about proper ergonomics, lifting techniques, and back exercises.

Stress Management

Learn about the causes of stress and the best way to evaluate and relieve stress.

Health Coaching

Enroll in Health Coaching to receive a personalized action plan and assistance from a phone-based health coach. Programs are available in Weight Management, Physical Activity, Back Care, Nutrition, Stress Management, and Tobacco Cessation.

Health Assessment

Take the Health Assessment to help you better understand and manage your health.

Physical Activity

Learn about the benefits of physical activity and how to become more active.

Nutrition

Learn why healthy eating is important and how to start eating healthier.

Tobacco Cessation

Learn about how goal setting is important and how to maintain a tobacco-free lifestyle.

My Savings Page

Save on eye
exams, glasses
and contact lense

Save on Massage
Therapy

Get coupons for
Vitamins, Minerals,
Advil etc.

Gym Membership
savings, Weight
Watchers,
Crest products,
Skin care, exercise
equipment and
much more!



March 11, 2008

MyHumana » Plans & Coverage » Doctors & Rx » Claims & Spending » Health & Wellness

MyHumana Home » Health & Wellness » Savings Center

Health & Wellness

- My Health Record
- Health Assessment
- Health Centers
- Condition Centers
- > Savings Center
- Health Programs
- Wellness
- Healthy Lifestyle Questionnaire

Savings Center

The Savings Center is a great resource to find out how you can lower the cost of staying healthy.

Select a Health Center:
Savings Center Overview

Overview

A smiling man's face.

TruVision Discount

TruVision offers LASIK procedures to correct vision problems such as nearsightedness, farsightedness, and astigmatism.

A hand dropping a coin into a stack of coins.

Alternative Medicine Savings

Find out how you can save money on treatments such as chiropractic, acupuncture, and massage therapy services.

A pill bottle and several pills.

Medication Savings

Find information about ways to save money on prescription drugs and many popular over-the-counter options.

A smiling woman wearing glasses.

EyeMed Discount

EyeMed Vision Care provides reduced rates for Humana members at thousands of locations, including LensCrafters®.

A hand dropping a coin into a piggy bank.

Health & Wellness Savings

As a Humana member, you can save money on a wide variety of products and programs.

Related Information

- > [Humana First](#)
- > [Healthwise Library](#)
- > [Healthwise Search](#)
- > [Alternative Medicine](#)
- > [Healing Kitchen](#)

Savings Center Continued

Save money on Vitamins, massage, gym memberships, Weight Watchers, exercise equipment and much more

Overview

Accessories and Products for Daily Living

[ActiveForever](#)

Receive a 10% discount on purchase from ActiveForever, which offers solutions for practically any physical condition. When shopping online, enter the ActiveForever Buyer's Pass code **HUM**, or call toll free at 1-800-377-8033.

[EarPlanes](#)

Save 20% on EarPlanes, designed to relieve ear pain when you fly. Offer good on any pack of EarPlanes or Children's EarPlanes. Use the savings code **humana04ep**.

[U.S. Medical](#)

U.S. Medical is the one-stop shop for a wide range of aids for daily living products such as motorized scooters, lift chairs, adjustable beds, vertical lifts, etc. Click through here to find out more and receive upwards of 50% off retail pricing on all products.

Complementary and Alternative Medicine

[American WholeHealth, Inc](#)

Save up to 30% on chiropractic, acupuncture, and massage therapy services. To receive this discount, simply select a chiropractor, acupuncturist, or massage therapist from the list of participating American WholeHealth Network providers, and then present the discount card at your visit.

[Dr. Weil's MyOptimum Health Plan](#)

Receive a discount on the eight-week, annual, and extended plan options. The plan focuses on specific projects, diet, exercise, customized meals, and overall well-being.

[Holistic Primary Care](#)

Oral Care

[Crest Special Offers](#)

Receive discounts and samples from Crest. To take advantage of these offers, click the link above to visit the Crest Website, and then click on the Special Offers link.

Personal and Home Health

[Healthgoods](#)

Find the lowest prices on personal and home health products for you and your home. For an additional discount, please enter **humana1** in the box called "Healthcare Member Code" on the checkout page.

Personal Care & Beauty

[Organic Excellence](#)

Receive 25% off personal care and cleaning products made with organic herbs and a chemical-free emphasis. Offer does not include any other special pricing on the Website. Enter the code **Humana** at checkout.

Skin Care

[Merlot Skin Care](#)

Order anti-aging skin care products containing natural ingredients such as grape seeds at a 20% discount.

[Olav Samples & Coupons](#)

Click here to receive free samples and other



HUMANA
Guidance when you need it most

What is the Humana Health Assessment



- A health survey that provides you with an individualized score and action plan
 - Identifies potential problems for you
- Only takes 10-15 minutes
- How can I take it?
 - On-line
 - Over the telephone
- Who gets the results?
 - Humana nurses and doctors use the information to see if you could benefit from speaking with a free nursing program
 - Your employer does **NOT** get your individual answers or score

Accessing the Humana Health Assessment

- **Taking the online Health Assessment is easy:**

- Please Note: In order to take the Humana Health Assessment (HHA), you must
- enable pop-up blockers. For Internet Explorer customers, once you have opened the
- Internet, click on “Tools”, then “Pop-up blockers”, then “Turn off pop-up blockers”. If
- “Turn on pop-up blockers” is showing, do not click that button.

-

1. Go to www.humana.com or www.Myhumana.com
 2. If you have not already done so, **register at MyHumana** using your member I.D. If you have already registered, enter your Username and Password.
 3. Click on Health and Wellness, then Health Assessment.
 4. Click on Launch Humana Health Assessment (HHA) at the bottom of the screen.
 5. Review Humana’s agreement, click “I accept” and then “Next” at the bottom of the screen and begin the HHA.
- You are on your way to wellness!

- **To take the Health Assessment by phone:**

1. Have your member ID and date of birth available.
2. Dial 1-866-444-6096 and answer the questions.
3. Your results will be mailed directly to you.

On-line Humana Health Assessment


- Web-based
 - Minimum number of questions
- Real-time results
 - Instant feedback with actionable steps towards better health (including Health Coach links)
 - Links to in-depth health information
- Quick identification of beneficial programs
- Only takes 10-15 minutes



Humana Health Assessment Summary page



Humana Health Assessment sample page

**the Humana**
Health Assessment

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Positive Affirmation
Good For You!
◆ Feeling good about how you eat? Feel even better by [using these ideas](#).
◆ Keep that positive attitude with [new fitness tips](#).

Guidelines
Good Health Guide
◆ [Chill out](#) - before those you love throw you out!
◆ [Don't ignore these men's health guidelines](#).


Control Disease
Conditions Center
◆ Reduce the harmful effects of cardiovascular disease on your heart, blood vessels, and overall health. [Get more information](#).
◆ Warning: hypertension can cause stroke, heart disease, or even loss of eyesight. [Find out how to lower your blood pressure](#).

As You Requested
◆ [Find out about the dangers of high blood pressure](#).
◆ Why those you love would love you to [quit smoking](#).
◆ What you need to know about [alcohol use](#).
◆ [Good nutrition: You really are what you eat](#).
◆ [Exercise and fitness go hand-in-hand](#).
◆ [Stress management](#) -- Why it's important.

Fun Links
◆ [Check out Dr. Sam](#). The Dr. Sam Show deals with current health issues, complementary and alternative medicine, and more!
◆ [Color Quiz](#) is a quick test that analyzes your personality by the colors you choose.
◆ Wonder how many calories you just burned with that good-bye kiss? Think your pick-up basketball game earned you a Big Mac reward? [Find out the calorie burn pay-off with this handy calculator](#).
◆ Calories still count -- and so do fat grams. [Use this calorie calculator](#) to figure out the total number of calories you had in a meal or in a day and find out the percentage of fat, too.

Personal Picks

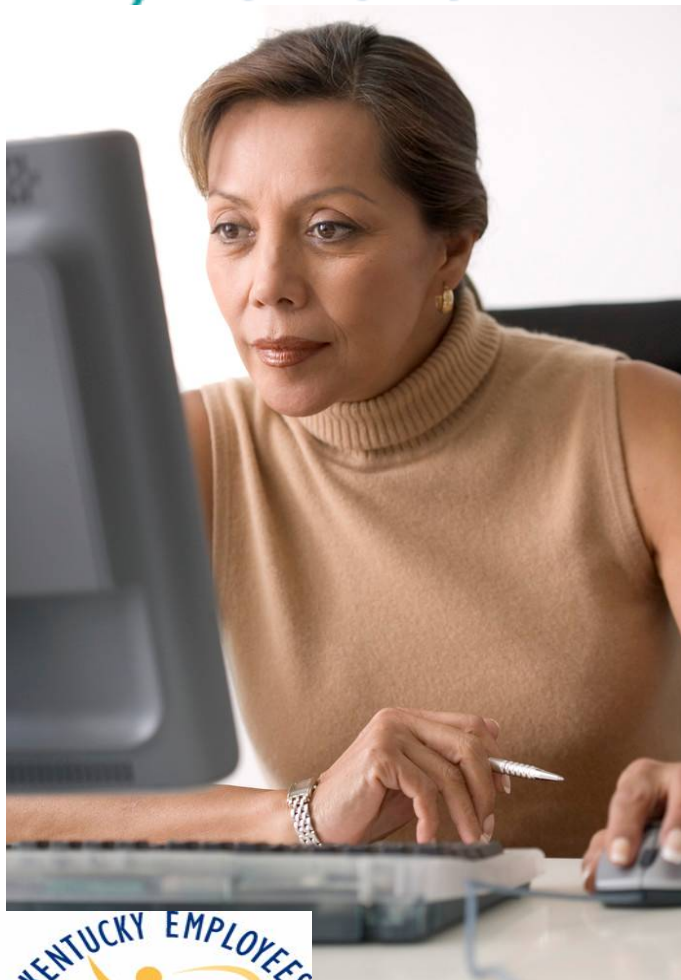
Reasons to return

**KENTUCKY EMPLOYEES**
HEALTH PLAN

HUMANA.
Guidance when you need it most

Privacy – a major concern

MyHumana



- Humana never shares your answers with your employer
- Employers only receive de-identified group-level reports
- Answers don't affect premium or claims payment
- Humana invests in the latest technology to secure your privacy and health information
- Your information is only used by Humana to provide you with better, more tailored, information and services



HUMANA
Guidance when you need it most

How do I get a Health Coach?


- .
- **What is Health Coaching?**
- A new wellness program for Humana members, Health Coaching offers telephone consultations
- with a certified health coach on the following topics:
- **Weight Management:** Eight-week program includes bimonthly calls from your coach and personalized meal, exercise, and behavior modification strategies.
- **Back Care:** Receive guidance from your coach on how to manage your back pain through flexibility, exercise, weight loss, and alternative medicine.
- **Nutrition:** Six-week program teaches you how to make smart, satisfying food choices, and how to
- cook low-fat food.
- **Stress Management:** This program helps you deal with stress resulting from work, school, relationships, and finances.
- **Tobacco Cessation:** Your coach will help you design a personal plan for decreasing your dependency, managing withdrawal, and dealing with cravings.
- **Easy Access**
- To register online:
- Go to www.MyHumana.com
- Log in to MyHumana or register if you have not yet done so
- Under the “Health & Wellness” tab, choose “Wellness”
- Click on the “Health Coaching” link
- If you don’t have access to the Internet, register by phone and receive your health coaching information packet and
- enrollment application in the mail:
- You will need your Humana member ID and date of birth
- Call **1-866-671-4536**

Health Coaching/Tailored Web Program

- Sign up for one or all programs listed below
- Receive Personalized Action Plans
- Available programs:
 - Tobacco Cessation
 - Stress Management
 - Weight Management
 - Back Care
 - Physical Activity
 - Nutrition




Receive monthly newsletters



The screenshot displays the My HealthMedia Balance website interface. The top navigation bar includes links for Home, About, My Account, and Log Out. The user is logged in as JRP12. The main content area features a 'what works' guide with a silhouette of a person running. Below this, there is a 'how to eat smart' article titled 'Learn the basics of fat and calories'. The article includes sections on 'Does healthy eating mean boring eating?', 'Why are calories important?', 'Are you getting empty calories?', and 'Which is more important - calories or fat?'. A sidebar on the right contains a 'What do you think?' poll asking 'Where is your favorite place to exercise?' with options: Gym, Outside, and At home. The poll has a 'Vote' button.

Personalized Strategies for Success

HealthMedia Balance® will create a weight loss plan just for you, based on your goals and needs. It's the right combination of strategies, tips, and resources to help you succeed!



Other tools on the Health Coaching web site

- Download exercise video's
- Free Healthy cookbook
- Body Mass Index calculator
- Set Goals and track improvement
- Learn what a portion size really looks like

MyHealthMedia Programs	<h2>Online Health Tools</h2> <p>Reach Your Goals</p> <p>It's easier than ever to reach your goals. New tailored Health Tools offers you everything you've used on my.healthmedia.com and more!</p> <p>It's easy, private, and confidential.</p> <p>MyHealthMedia Online Health Tools</p> <p>All these great tools are at your fingertips!</p> <ul style="list-style-type: none">• Exercise Videos (Try It Now)• Body Mass Index (BMI) Calculator (Try It Now)• Goal Setting Tool (See It)• Food Fight (See It)• Portion Size Quiz (Try It Now)• Healthy Cookbook (See It)
Success Stories	
Online Health Tools	
Weight Management & Physical Activity	
Nutrition	
Smoking Cessation	
Stress Management	
Back Care	
Managing Chronic Health Conditions	



Telephonic Health Coaching by corphealth



- Receive 5 appointments with your health coach for each program you join
- Call your Health Coach as often as you want for 1 year
- All Health Coaches are trained behavioral health specialists and health educators
- Available Programs are:
 - Tobacco Cessation
 - Stress Management
 - Weight Management
 - Back Care
 - Physical Activity
 - Nutrition



How Do I Get a Health Coach?

- Two Methods Available



On line



By Phone



HUMANA
Guidance when you need it most

Steps on how to sign up for a health coach online

The screenshot shows the Humana website's login and registration page. At the top left is the Humana logo with the tagline "Guidance when you need it most". Below it, the word "Guidance." is prominently displayed, followed by a paragraph about plans and services. To the right of this text are three photographs of diverse people. In the top right corner, there is a link for "en español". The main section is titled "Log In" and includes a subtext: "Visit secured site for Members, Employers, Agents, or Providers". Below this, there are input fields for "Username:" and "Password:", both of which are circled in orange. A "Log In" button is positioned below these fields, along with a link for "Forgot User ID/Password?". Below the login section is a large orange button labeled "Register for MyHumana", which is also circled in orange. To the right of the website, two callout boxes point to these elements: one pointing to the login fields with the text "Log In to MyHumana" and another pointing to the registration button with the text "Or Register". Below the main content area, there are four columns for different user types: "Members", "Employers", "Agents", and "Providers", each with a brief description of who they are. At the bottom, there are sections for "About Humana" (with links to Newsroom, Investor Relations, Careers, Humana Associates, and Business Partners), "Humana Medicare" (with a photo of an elderly couple and text about switching plans), and "Individual Insurance Plans" (with a photo of a family and text about affordable health insurance).

HUMANA
Guidance when you need it most

Guidance.
Our plans and services help you choose, finance, and use your benefits with confidence and success.

Healthcare Guidance

Log In
Visit secured site for Members, Employers, Agents, or Providers

Username: Password:

Log In [Forgot User ID/Password?](#)

Register for MyHumana

Members
If you are a current or future member with employer-sponsored, HumanaOne®, or Medicare coverage

Employers
If you are a plan sponsor or benefit administrator

Agents
If you are a broker or sales agent

Providers
If you are a doctor, dentist, hospital, facility, or pharmacist

About Humana
» [Newsroom](#)
» [Investor Relations](#)
» [Careers](#)
» [Humana Associates](#)
» [Business Partners](#)

Humana Medicare
Want to switch to another Medicare plan? You may be eligible to switch Medicare plans before March 31, 2008.
[Explore Humana's Medicare plans](#)

Individual Insurance Plans
Humana One offers affordable health insurance for individuals and families.
[Get a Free Quote](#) now!



Registering for Health Coaching

The screenshot shows the MyHumana website interface. At the top, a navigation bar includes links for MyHumana, Plans & Coverage, Doctors & Rx, Claims & Spending, and Health & Wellness. The Health & Wellness link is circled in orange, with an arrow pointing to it from a text box on the right. Below the navigation bar, a breadcrumb trail reads "MyHumana Home » Health & Wellness » Wellness". On the left, a sidebar menu lists various health and wellness options, with "Wellness" selected and highlighted. The main content area features a "Wellness Programs" section with a sub-header "An ounce of prevention can lead to a longer life and a healthier lifestyle." Below this, there is an "Overview" section with four tiles: "Health Centers", "Health Coaching", "Condition Centers", and "Health Assessment". The "Health Coaching" tile is circled in orange, with an arrow pointing to it from a text box on the right. The "Health Coaching" tile includes a description: "Enroll in Health Coaching to receive a personalized action plan and assistance from a phone-based health coach. Programs are available in Weight Management, Physical Activity, Back Care, Nutrition, Stress Management, and Tobacco Cessation."

Click here to access the Wellness programs page

Click here to access health coaching



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Registering for a Health Coach by Phone

If you don't have access to the Internet, register by phone and receive your health coaching information packet and enrollment application in the mail:

You will need your Humana member ID and date of birth

- Call 1-866-671-4536
- Let them know which program you want to join
- A packet will be sent to you by mail for you to complete
- Once you have completed and sent back, the health coach will set up your 1st appointment to begin your program



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Your coach will let you know if you qualify for other programs available through your Disease Management Vendor



Member completes assessment and gets tailored action plan

Coaching desired

no

Member completes self directed program

yes

Serious medical condition

no

Certified Health Coach

Active Health

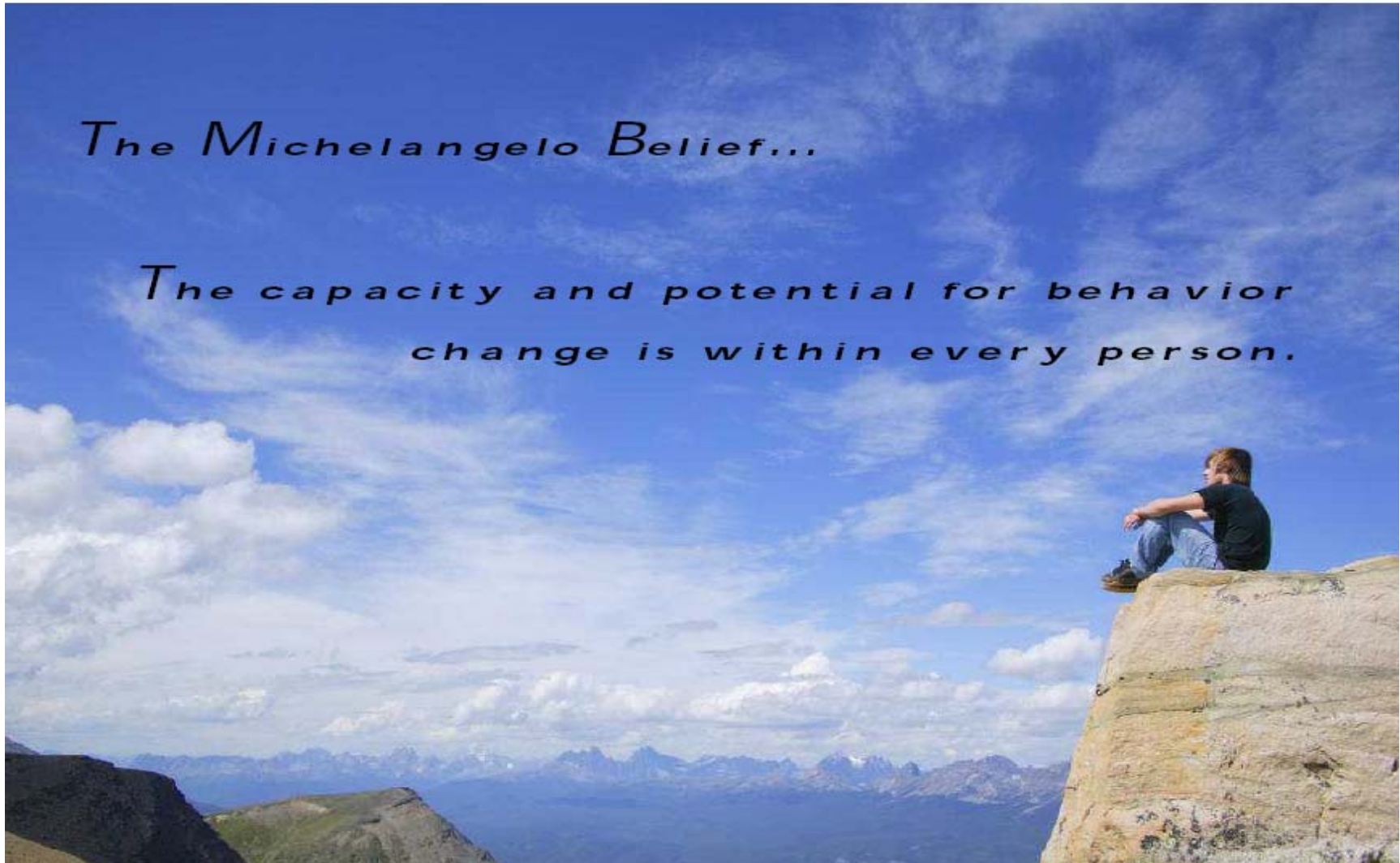
yes



The Power of YOU!

The Michelangelo Belief...

*The capacity and potential for behavior
change is within every person.*



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Guidance when you need it most



HUMANA®

Guidance when you need it most

Humana Plans are offered by the Family of Insurance and Health Plan Companies including Humana Medical Plan, Inc., Humana Employers Health Plan of Georgia, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Health Plan of Ohio, Inc., Humana Health Plans of Puerto Rico, Inc. License # 00235-0008, Humana Wisconsin Health Organization Insurance Corporation, or Humana Health Plan of Texas, Inc. – A Health Maintenance Organization or insured by Humana Health Insurance Company of Florida, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Insurance Company, Humana Insurance Company of Kentucky, Emphasis Insurance Company, or Humana Insurance of Puerto Rico, Inc. License # 00187-0009

For Arizona Residents: Offered by Humana Health Plan, Inc. or insured by Humana Insurance Company, Emphasis Insurance Company

Please refer to your Benefit Plan Document (Certificate of Coverage/Insurance) for more information on the company providing your benefits.

Our health benefit plans have limitations and exclusions.

GN-14589-HH 03/06